



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 01-25-12)

Visit us at www.fns.usda.gov/fdd

100336 - SPAGHETTI SAUCE, MEATLESS, LOW SODIUM, CANNED, #10

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">Meatless spaghetti sauce is a ready-to-use, tomato based sauce. In addition to tomato products, it may also contain: water, sugar, corn syrup, olive oil, soybean and/or cottonseed oil, corn and canola oil, onion powder, garlic powder, other spice extracts, citric acid, natural flavoring, other safe and suitable ingredients and modified starch or thickeners. Modified starch or thickeners shall not exceed 1 percent of product formulation. This is a low-sodium food (140 milligrams of sodium or less per serving).
PACK/YIELD	<ul style="list-style-type: none">6/#10 cans per case. Each can contains about 106 oz (12 cups) meatless spaghetti sauce.One #10 can yields about 106 oz (12 cups) heated meatless spaghetti sauce and provides about 47.9 ¼ cup servings heated vegetable.CN Crediting: ¼ cup meatless spaghetti sauce provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none">Store unopened canned meatless spaghetti sauce in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.Store opened can of meatless spaghetti sauce covered and labeled in a nonmetallic container under refrigeration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none">Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.Use a clean and sanitized can opener.

Nutrition Information

Spaghetti sauce, low sodium, meatless

	¼ cup (62 g)	½ cup (125 g)
Calories	30	60
Protein	0.74 g	1.5 g
Carbohydrate	5.39 g	10.88 g
Dietary Fiber	0 g	0 g
Sugars	2.91 g	5.88 g
Total Fat	0.56 g	1.12 g
Saturated Fat	0.10 g	0.20 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.56 mg	1.12 mg
Calcium	12 mg	25 mg
Sodium	70 mg	140 mg
Magnesium	8 mg	16 mg
Potassium	181 mg	365 mg
Vitamin A	208 IU	419 IU
Vitamin A	11 RAE	21 RAE
Vitamin C	2.4 mg	4.9 mg
Vitamin E	0 mg	0 mg



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USES AND TIPS	<ul style="list-style-type: none">• Use heated meatless spaghetti sauce as a topping for cooked pasta or as an ingredient in other Italian style dishes.• Serve warm as a dipping sauce for breadsticks.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes.• NEVER USE food from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.